

## Child Care Health Consultation Lesson Plan

**Contractor Name:** Andrew County Health Department

**Date Submitted:** May 1, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
<b>Select one standard and one level</b>	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	<b>Source:</b> Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
	<input checked="" type="checkbox"/> Promoting Healthy Eating	

**Title:** Perceived Food Evils

**Training Goal:** Participants will be recognize actual properties of sugars, carbohydrates, and other food components and their effects on children

**Learning Objective(s):** Participants will

- Distinguish between different types of sugars
- Distinguish between different forms of carbohydrates
- Recognize age appropriate portions for serving
- Differentiate between meanings of words on food labels such as 'unsweetened'

Topical Outline of Content	Training Method(s)	Time (in minutes)
Introduction of topic	Discussion	10 min
Sugars—sucrose, fructose, glucose, syrups, molasses, honey, etc	Discussion/Q & A	10 min
Carbohydrates—simple and whole; artificial sweeteners	Discussion/Q & A	10min
Reading food labels—unsweetened, sugar-free, natural, organic	Discussion/Q & A	10 min
FDA approved sweeteners & Hidden facts in food labels	Discussion/Q & A	10 min
Proportions ages 2 – 51 + years – same recommendations	Discussion/Q & A	10 min
Sources: National Institute of Health <a href="http://www.nlm.nih.gov">www.nlm.nih.gov</a> American Diabetes Assn. <a href="http://www.diabetes.org">www.diabetes.org</a> USDA <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a> FDA <a href="http://www.fda.gov">www.fda.gov</a> Academy of Nutrition and Dietetics <a href="http://www.eatright.org">www.eatright.org</a>	Using free resources	Total time: 1 hour

**Method(s) of Outcome Evaluation:** Discussion based Q & A, verbal responses to discussion, completion of sample plans from resource site

### FOR MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES USE ONLY

**Date Approved:**  
May 14, 2015

**Authorized Approval Signature:**



**Date Expires:**  
May, 2018